

# ***Lil' Ninjas Program***

Ages 4 ½ - 6



Children learn skills to aid in focus, balance, coordination, memory, control, discipline, confidence, and respect.

## ***Benefits***

- Cultivate a sense of body control and balance
- Improve self confidence
- Fine motor skills development
- Eye-hand coordination
- Listening skills through focus drills
- Social interaction with other children
- Improve concentration
- Build self esteem
- Understand the importance of manners and respect
- Character development
- Building on better teamwork by way of sportsmanship

## ***Curriculum***

- Two ½ hour classes per week
- Earn new belts through promotions
- Stripes every week
- One life skill taught per week
- Beginner and advanced classes available



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